

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 11:00 Body Toning	10:00 - 11:00 Tone and Trim	10:00 - 11:00 Body toning	10:00 - 11:00 Stretch and Tone	10:00 - 11:00 Young at Heart	10:00 - 11:00 Body Pump
12:30 - 13:00 Spinning	11:00 - 12:30 Yoga	12:30 - 13:00 Spinning	12:30 - 13:30 Body Toning	12:30 - 13:00 Spinning	11:15 - 12:00 Spinning
17:30 - 18:30 Body Pump	18:00 - 18:45 Spinning	12:30 - 13:30 Pilates	18:30 - 19:15 Spinning	18:00 - 19:00 Body Pump	11:10 - 12:00 Body Jam
18:30 - 19:30 Body Combat	18:00 - 19:00 Body Toning	16:30 - 17:30 Kids Dance	18:30 - 19:30 Body Combat		
18:00 - 19:15 RPM	19:00 - 19:45 Spinning	17:30 - 18:30 Body Pump	19:30 - 20:30 Pilates (Intermediate)		
19:30 - 20:30 Body Pump	19:15 - 20:00 Step Aerobics	18:30 - 19:15 Spinning	19:30 - 20:30 Body Attack		
19:30 - 20:30 Body Balance	20:00 - 20:45 Body Attack	18:40 - 19:30 Body Combat			
20:30 - 21:30 Aerobics		19:30 - 20:15 Pilates (Beginners)			
		19:30 - 20:30 Bums & Tums			
		20:30 - 21:30 Body Pump			

**“Whether you are a complete beginner looking for a gentle relaxing introduction to a healthier active lifestyle or a world class athlete looking for a competitive challenge, then we have a class that suits you. Look through our extensive programme and choose the best class for you and Get Active Today.”**

## Lough Moss

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00 - 18:45 Spinning	10:15 - 11:00 Spinning	20:00 - 21:00 Thai & Tone	12:30 - 13:15 Spinning	18:00 - 19:00 Active Youth	11:00 - 12:00 Active Youth	11:00 - 12:00 Active Youth
19:00 - 20:00 Body Pump	18:00 - 19:00 Body Pump		18:00 - 18:45 Spinning			12:30 - 13:15 Spinning
20:00 - 21:00 Thai & Tone	18:30 - 19:00 Spinning		19:00 - 20:00 Body Pump			
	19:00 - 20:00 Spinning					
	19:00 - 20:00 Boxercise					

## Belvoir

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 1800 Active Youth	12:00 - 18:00 Active Youth	12:00 - 18:00 Active Youth	12:00 - 18:00 Active Youth	12:00 - 18:00 Active Youth	12:00 - 17:00 Active Youth	12:00 - 16:00 Active Youth
15:30 - 17:00 Gymnastics	17:30 - 18:30 Pilates	15:00 - 18:00 Gymnastics	16:30 - 17:30 Kids Football	15:00 - 18:00 Gymnastics		11:15 - 12:15 Boxing School
17:30 - 18:30 Fat Burner	20:00 - 21:00 Boxercise	17:00 - 18:00 Active Youth	17:30 - 18:30 Fat Burner			
19:00 - 20:00 Ju Jitsu*			19:00 - 20:00 Boxercise			

### Class Descriptions

**BODY ATTACK®**  
A cardiovascular interval training programme that combines high intensity aerobics, strength and stabilisation exercises. Classes are high in motivation, provided by dynamic instructors and exciting music. All participants can achieve their fitness goals by following the simple movements. **BODY ATTACK** is a rapid calorie burner that delivers fast improvement in general endurance and an increase in overall body strength. Every three months, Les Mills releases a new **BODY ATTACK** class with fresh choreography and music.

**BODY BALANCE®**  
A dynamic, fitness-to-music programme that leaves you feeling relaxed and renewed. **BODY BALANCE** combines the best of eastern disciplines, like Yoga and tai chi, with popular new methods such as Pilates and Feldenkrais. Controlled breathing, concentration and carefully structured series of stretches, moves and poses breath a holistic workout that brings the body into a state of harmony and balance.

**BODY COMBAT®**  
Combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into an hour-long energetic routine. Music and pre-choreography create a fierce, energetic routine which raises fitness levels throughout the whole body, while reducing fat and cholesterol.

**BODY PUMP®**  
The most successful group fitness programme in history, **BODY PUMP** is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. **BODY PUMP** is proven to be the world's fastest way to get in shape by research which has confirmed higher than expected fat-burning effects alongside endurance, strength and wellness benefits.

**RPM®**  
An indoor cycling programme for developing cardiovascular capacity. Burning up to 900 calories in one 60 minute session, **RPM** is a favourite for those wanting to reduce body fat.

**LADIES FITNESS**  
Is a group exercise class taken in our fully equipped gym. It involves a gym based circuit class and is ideal for losing weight and general toning.

**AEROBICS**  
A mix of low and high impact moves creating an aerobic workout suitable for everyone. It will improve the condition of your heart and lungs, burn fat and strengthen muscles.

**BODY JAM**  
Is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance moves and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center and get high on the feeling of dance.

**BOXERCISE**  
A vibrant class based on Boxing. Includes circuit, pad and bag work to provide an overall body workout. Tough and fun but the results are fantastic.

**CIRCUITS**  
A dynamic circuit class which alternates aerobic stations with resistance stations. It is aimed at improving cardio vascular fitness, muscle tone and core conditioning. Using both free weight and body weight exercises we will get your heart pumping and your body moving. Ideal for a quick lunchtime workout and getting results fast. Suitable for all levels!

**PILATES**  
An innovative system of mind-body exercise. Pilates dramatically transforms the way your body looks, feels and performs

**YOGA**  
A traditional form of stretching and releasing the body and mind which benefits participants with improved strength and flexibility

**THAI & TONE**  
A fun, energetic combination of aerobic and martial arts, resulting in a great full body workout and toning class.

**SPINNING**  
Experience the ride of your life with the original indoor cycling programme. A complete mind and body training programme designed for people of all ages and fitness levels. This high energy group exercise integrates music, camaraderie and visualisation.

**YOUNG AT HEART**  
A gentle but challenging exercise class designed especially for the over 60's. The class consists of both aerobic and resistance exercises which are ideal for keeping fit, losing weight or toning up. Young at heart is a great way to exercise and socialise with like minded people. So don't delay call now to reserve your place.

**ACTIVE YOUTH**  
A six week introductory gym based program for 12-15 year olds in a safe environment with qualified instructors.

**BODY CONDITIONING**  
A fun combination of aerobic and toning moves, resulting in a great full body workout and toning class.

**CARDIO REHAB**  
This class is designed to help those people who have suffered from some form of heart disease. The class consists of a warm up, an aerobic circuit and a cool down. The aerobic circuit consists of activities such as cycling, walking, rowing and resistance exercise. All participants must be referred by their local Health Professional.

**BOXING SCHOOL**  
A vibrant fun class based around the art of boxing it includes pad and bag work to provide an overall body workout, although the workout is tough the results are fantastic.

**BEGINNER SPIN**  
An introduction to Spinning the original indoor cycling programme. This is a 30 minute class to get you started providing you with a moderate workout, this class will ensure you know how to set up the Spin cycle for you to progress to 45 minute classes.

**ADVANCED SPIN**  
Experience the ride of your life with the original indoor cycling programme. A complete mind and body training programme for medium to advanced fitness levels. This group exercise integrates music camaraderie and visualisation.

**FAT BURNER**  
A class of an intense muscular workout which, will target every individual muscle group. Ideal for toning, shaping, losing inches and sculpting your body. Suitable for any level of fitness

**BUMS & TUMS**  
A moderate intensity class that incorporates aerobics and uses exercises to target the lower body. Ideal for the beginner or moderate exerciser.

**Booking Procedures**  
• Booking is required for all classes  
• Members can book 7 days in advance  
• Book via phone or email